

Oven Roasted Marinara

Ingredients:

4 pounds of Tomatoes cut into chunks

3 T Olive Oil

1 t Salt

1 t Sugar

½ t Red Pepper flakes

1 C chopped Onion

4 chopped Garlic cloves

¼ C chopped fresh Basil

Notes:

This is one of those recipes with endless opportunity to improvise.

The seasonings and herbs can be varied to suit the cook's individual preference.

I cook the mixture at long time, reducing the tomato volume to less than half its original volume as I like my sauce fairly thick.

Don't be concerned if some of the tomatoes on top brown slightly, just stir them into the mixture. The browned bits will not be noticed in the sauce and add a caramelized taste.

Be wary of hot spatters when blending while tilting or pour tomatoes in a deeper container before blending.

I use a stick blender to puree the mixture leaving just a few chunks.

To make plain tomato sauce, omit the pepper flakes, onion, garlic and basil.



Directions:

Preheat convection oven to 240° or regular oven to 250°.

Put tomatoes, olive oil, salt sugar and red pepper flakes in a large shallow baking pan. Stir to combine and coat tomatoes with the oil.

Start the tomato mixture roasting.

Chop the onion and garlic (I use a 3 cup mini-prep processor.) Stir the chopped onion and garlic into the tomatoes.

Roast for 4-5 hours, stirring at one hour intervals. The cooking time will vary depending on the juiciness of the tomatoes and how thick you want the marinara to be.

Remove the pan from the oven and either mash the mixture with a potato masher for chunky sauce or puree to the desired degree of smoothness by tilting the pan and using a stick blender in the deep end.

Add the basil and stir to mix.

When the mixture has cooled a bit, taste and add seasoning as desired.

The recipe makes about 1 quart and can be frozen for later use.

This makes a good sauce for spaghetti and meatballs or on a pizza or as a stand alone sauce for pasta. Pour over browned ground meat (beef, pork or Italian sausage), for a tasty pasta sauce.